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| --- | --- |
| **PMH**   * Pain in hand for 6 months | **VOCAB/ACRONYMS**   * A & O x 3 – Alert and oriented times 3 * ROM – Range of motion * B/L – Bilateral * NCV – Nerve Conduction Velocity * CTS – Carpal Tunnel Syndrome |
| **OBSERVATIONS**   * Healthy * Pain on thumb, thenar eminences, index and middle fingers (both hands, right is worse) * No cervical pain * No mental changes * ROM: neck, shoulder, elbow, wrist and hand normal |
| **TESTS ORDERED AND RESULTS**   * Myelography – Negative * NCV – Positive |
| **SYMPTOMS/COMPLAINTS**   * Pain in right hand (worse than left) * Having trouble holding/cutting things * Pain never goes away * Ice and Advil help temporarily * Pain gets worse busier he gets | **DIAGNOSIS**  Carpal Tunnel Syndrome |
| **RATIONALE FOR DIAGNOSIS**  The wrist swells where the Carpal Tunnel is and the median nerve gets pinched causing the thenar eminences, index and middle fingers to have numbness and tingling. |

Complete the following for the disease you diagnosed

**NAME OF DISEASE**

Carpal Tunnel Syndrome

**SIGNS AND SYMPTOMS OF DISEASE**

* Tingling
* Numbness
* Weakness
* Can’t grasp things well

**HOW DISEASE IS DIAGNOSED (WHAT DIAGNOSTIC TESTS AND WHAT THEY WOULD SHOW)**

Carpal Tunnel is diagnosed with a NCV test. The test is when electrodes are placed on the hand and wrist. Small electric shocks are applied and the speed with which nerves transmit impulses is measured.

**TREATMENT**

* Corticosteroids or the drug lidocaine can be injected directly into the wrist or taken by mouth to relieve pressure on the median nerve and provide immediate, temporary relief to persons with mild or intermittent symptoms.
* Stretching and strengthening exercises can be helpful with the symptoms.
* Surgery involves severing the band of tissue around the wrist to reduce pressure on the median nerve.
* Therapy using splints.

**PROGNOSIS AND COURSE OF DISEASE**

Most people fully recover from Carpal Tunnel Syndrome, but people need to be careful not to re-injury the median nerve.

**WHAT IT’S LIKE TO LIVE WITH IT**

* Some people with worst CTS cases can lose total movement in the hand.
* Your hand is weak
* Muscle wastes away
* Irreversible numbness